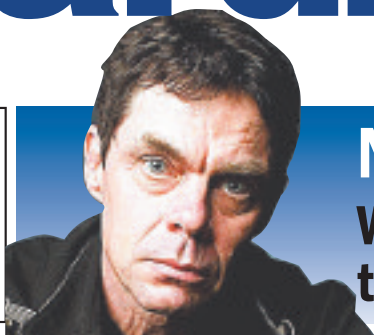




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**NEW FOR 2014**

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Page 22

Kingston  
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Thursday, January 9, 2014



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Trio get their comb-uppence: Farhan Ismail, Zeshan Ismail and Denarte 'Jose' Bessa

# BRUSH WITH THE LAW



## Barbers are jailed for attack on rivals

by JON SHARMAN

jon.sharman@london.newsquest.co.uk

Three barbers who launched a "ferocious attack" on the owners of a rival salon have been jailed.

Brothers Farhan and Zeshan Ismail catered for sports stars, including England rugby captain Chris Robshaw,

and celebrities at their salon Ismail's Barbers in Richmond Road, Kingston.

Continued on page 4

Cutting crew: Ismail's Barbers in Richmond Road, Kingston. The rival salon, right, is now a sandwich shop

Deadlinepix KT78086



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NEWS

- ▶ Brawl nightclub where half had criminal records, including attempted murder
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- ▶ Researcher appeals for money to study zoo misery of elephants



Moustachioed  
headmistress  
with a das-  
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# 'Care consent' failures found on hospital wards

by JON SHARMAN

jon.sharman@london.newsquest.co.uk

Tolworth Hospital is failing in a key care target, inspectors from regulator the Care Quality Commission (CQC) have found.

Action is needed in relation to consent to care and treatment, they said, after inspecting the Lilacs, Azaleas, and Fuschias wards in October and November.

Staff needed to make sure they acted according to the law in situations where patients lacked the capacity to consent, the report said.

Assessments in Azaleas and Fuschias wards "indicated a lack of understanding and application of the requirements of the Mental Capacity Act 2005".

The hospital passed in three other areas: staffing, patients' welfare, and safety.

Inspectors said: "We did not see evidence of any application of the Mental Capacity Act in use or as a methodology



Inspection:  
Tolworth  
Hospital  
Deadlinepix  
KT80190

for recognising restrictions placed on individuals and considering if the threshold was being approached for assessment under the Deprivation of Liberty Safeguards."

In one case, where progress reports for a Fuschias patient were reviewed in two consecutive weeks, inspectors said that "identical generic statements stating the person

lacked capacity to consent or make informed decisions about their care treatment."

They added: "No additional evidence was recorded in relation to the decision specific functional test required."

South West London and St George's Mental Health Trust (SWLSTG), which runs the hospital, was told to submit a report to the CQC to explain how it would meet standards.

SWLSTG chief executive David Bradley said: "We take issues of compliance very seriously and are always looking for ways to refresh the services we provide."

"We have already submitted a report to the CQC into how we will improve our practice regarding service users' consent to care and treatment."

"Lilacs ward in the hospital was praised as an example of best practice in this area and we have built on this in putting together a comprehensive plan of action to enhance service users' experience."

The regulator judged the

failure to meet the target to have had a "moderate impact" on patients.

However, most people commented positively to inspectors on the care they received, the report said.

Their comments included:

"The staff are really friendly, they come and say hello to you."

"We do trust the staff here and appreciate their consideration and kindness."

"They do their best here. They treat me nicely."

Workers on Azaleas ward spoke of the difficulty in caring for a mix of older patients with dementia and mental health conditions – a "consistent theme" in previous inspections.

Families of patients on Fuschias ward expressed concern about not knowing what would happen to the service there.

Five long-term patients are being cared for on the ward, the future of which is under review by GPs.

## Funds for new school

The Government has finally stumped up the cash to renovate the north Kingston centre into a secondary school in time for September 2015, it has been announced.

The amount of money from the Education Funding Agency (EFA) for construction and refurbishment has not been revealed.

The Kingston Educational Trust has previously told parents the project would require in excess of £10m.

Graham Willett, of Education Kingston – the consortium of Kingston Council, Kingston College and Kingston University, which will run the free school – said: "We are delighted the EFA is supporting our school with an amount of money that will ensure an outstanding physical environment for teaching and learning."

The funding for the school has been hanging in the balance since the coalition Government took over and Education Secretary Michael Gove scrapped the Building Schools for the Future programme, which would have provided money.

## Hairdresser trio handed 10 months

Continued from page 3

But when a rival salon opened up next door in a former sandwich shop they resented the competition, Kingston Crown Court heard on Friday.

Competitors Omar and Mohamed Nasraddin were left with cuts, bruises, fractures, and a bite mark after the attack in July.

The court was shown CCTV footage showing one of the brothers combing his hair using the Nasraddins' shop window.

The Nasraddins brought down the shutters, sparking an argument that escalated into a three-on-two brawl inside the shop.

The Ismail brothers and apprentice Denarte Bessa were each sentenced to 10 months in prison at Kingston Crown Court on two counts of actual bodily harm.

They had pleaded guilty in October after the charges were downgraded from causing grievous bodily harm.

Sending them to prison, Recorder Bobbie Cheema QC called their actions a "ferocious attack".

She said: "This was an extremely frightening incident. It left them with nasty injuries."

"You resented the fact that they were setting up as business rivals to you. You may

have felt threatened.

"But fair competition is perfectly acceptable. It provides a greater choice for the customer."

Prosecutor Stephen Apted told the court that after the assault the Nasraddins felt they "had to sell up their business and move away from the area – at a financial loss to themselves."

The salon reverted to a sandwich shop shortly afterwards.

Farhan Ismail, 36, a father of four young children, stared at the floor of the dock as Recorder Cheema recounted the details of the assault.

Barrister Keith Myers, defending the brothers, said Farhan was "absolutely disgusted with himself".

He said: "This is a person that accepts what he has done and of course he wants to make amends for what he has done. He can't believe this is what has happened."

"What comes across from the various character letters are that he is not only a good and reliable person but also he carries with him some responsibility in the community."

Of younger brother Zeshan, 27, Mr Myers said: "He is a man of no convictions, no antecedence, of previous good character."

"There has been a lot of reflection.

"He now recognises the impact of his actions."

The brothers were given a string of character references from clients and neighbouring business owners, and figures such as John Azah, director of Kingston Race and Equalities Council.

Claire Ismail, wife of Farhan's, said: "We are very shocked. We were expecting to maybe have a community service order or at worst case a suspended sentence."

"We had so many good character references. He has done so much charity work. We are just all really surprised."

"I will be fine. I have got all my family and I've got all his family."

Roy Headlam, defending hairdressing apprentice Bessa, 20, also known as Jose Escorcio, said: "His initial involvement was to defuse the situation."

"It deteriorated very quickly, it escalated, and he found himself involved. He deeply regrets his actions."

Detective Inspector Simon Day, from Kingston police, said: "We are pleased that the people were convicted given the seriousness of the assault."

"As far as we are concerned this was an issue between rival businesses. We never sought to expand it beyond that."

"We had tried to mediate between the parties."

## Long road

- **November 2007** – Council leader Derek Osborne tells parents case for new school 'does not add up'.

- **December 2008** – Council says "balance has tipped" and new secondary school is needed.

- **July 2009** – Council announces plans for secondary school split between North Kingston centre and Hawker Centre.

- **July 2009** – Residents boo plans for "superschool" in north Kingston centre.

- **January 2011** – Church of England loses its bid to open free secondary school in favour of council-led school.

- **October 2011** – Desperate council considers PFI funding for school.

- **April 2012** – Kingston school hit by funding delay.

- **May 2013** – KET free school bid approved for school for 180 children to open in September 2014.

- **July 2013** – Delays to school opening announced as opening set back to September 2015.

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# Borough's great and good honoured

□ New Malden resident Anne Cann, the chairwoman of trustees for Age Concern Kingston, has been made an MBE in the New Year Honours List.

The 77-year-old, who lives in Cromford Way, said: "You get a letter in mid-November. They send you to the Tower if you tell anyone."

"It was slight disbelief and also thinking it's not just for me – it is for the organisation."

Mrs Cann has been involved with the charity since 1974 when she began volunteering at Holly Lodge day centre, New Malden. She was instrumental in the merger to create Kingston Age Concern in 1999 and has been chairing the charity since 2008.

She said: "A neighbour was fundraising. I said 'If ever there's anything I can do to help'."

"Within the next week I was working as a volunteer."

□ Christine John, who lives in Egmont Road, New Malden, has also been made an MBE for services to the Regional Growth Fund – a £3.2 billion pot to help companies create jobs – as a senior policy adviser at the Department for Business, Innovation and Skills.

Her voluntary service to Civil Aid was also a reason for her honour.

□ Another New Malden resident Michelle Harris, a family recovery project

by DAVID LINDSELL

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manager at Wandsworth Council, was also made an MBE for services to children and families

□ Surbiton Ewell Road resident Stephen Firn, the chief executive of Oxleas NHS Foundation Trust in South Norwood, was made an OBE for his services to health-care, particularly mental health.

□ A photographer who has captured some of the greatest moments in athletics history is preparing for his next big event.

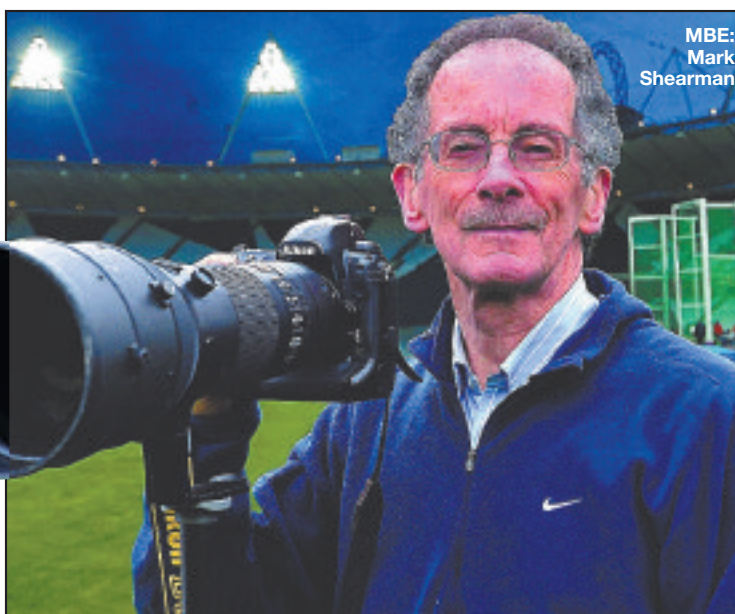
Mark Shearman, of Purley, was made an MBE in the New Year's Honours list for his services to sports photography.

Not many people can say they have been to an Olympics but Mr Shearman has notched up 13 of them and seen some of the greatest athletes of our time in the process.

His first Olympics was in Tokyo in 1964 and he has not missed one since.

The former Tiffin School student has always had a love for athletics and has taken part in five marathons, including the New York marathon.

At 70 years old, the photographer could be forgiven



MBE: Mark Shearman



MBE: Anne Cann

for wanting to take a break but he is already gearing up for the athletics world championships in Moscow this summer.

Mr Shearman said he was surprised when he heard he had been put forward for an MBE.

He said: "It was fairly surprising but I am proud and delighted to be named in the New Year Honours list to receive an MBE from the Queen."

The Purley resident is the official photographer for UK Athletics, a position he

has held since 1996. He is now moving into his 52nd year of sport photography and has many fond memories to look back on.

He said: "Tokyo was special as it was my first one, but as far as the atmosphere and the stadium is concerned, the London Olympics was far and above the best. There was never an empty seat."

"Seeing Seb Coe win in 1980, when he won gold in the 1,500m after missing out on the 800m, was a very special moment."

"But seeing Mo Farah, Jessica Ennis and Greg Rutherford get gold as well was also fantastic. It is a privilege to be able to experience these moments."

"I have to admit I don't really think about it when I am there taking the photos. "But when you look back at the pictures you have taken you do realise you are in a privileged position."

"I work in the infield and you are right on top of the athletes. You get a perspective that the spectators don't really get."



Sporting moments: Two of the pictures taken by Mark Shearman MBE

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# Well-meaning call snares drug dealer

A witness who called 999 after seeing a violent incident unwittingly snared a cannabis dealer.

A member of the public called police after spotting Andrew Howell, 52, being assaulted outside his home in South Terrace, Surbiton.

Howell told police who investigated the call he fell over after being hit over the head by two white men who shouted "where is the cash" before leaving empty-handed on Wednesday, November 13, at about 10.20pm.

But officers found his house was littered with cannabis.

They also traced a rented storage unit containing 16 boxes of herbal cannabis and a large amount of cannabis

by NAZIA DEWJI

ndewji@london.newsquest.co.uk

resin bars.

Howell was sentenced to three years in prison on Friday after he pleaded guilty to two counts of possession of £90,000 of cannabis with intent to supply herbal cannabis and possession with intent to supply cannabis resin.

In total officers seized 4.05kg of skunk cannabis, 1.71kg of herbal cannabis and 8.17kg of cannabis resin.

Howell pleaded guilty and was sentenced on the same day at Kingston Crown Court.

Detective Constable Alan Mears from Kingston police said: "This is a significant

amount of drugs taken off the streets of Kingston involving someone who had not previously come to police notice.

"The case was successful thanks to the diligence of the member of public and the initial reactions of the attending officers.

"The thoroughness of the subsequent investigation conducted by Kingston CID led to the discovery of another location controlled by Howell where a further substantial amount of cannabis had been stored."

**Uncovered: Andrew Howell, inset, was jailed after police found drugs at his South Terrace home**



## NEWSbrief

**CHARGED:** A man accused of breaking into a house with a large kitchen knife on New Year's Day and attacking another man will appear at Kingston Crown Court this month.

Darren Mayle, 33, of Aldersbrook Drive, Kingston, is charged with breaking into a house in nearby St Albans Road on January 1.

He is alleged to have entered the house and inflicted grievous bodily harm on Martin Brammelly.

Mr Mayle, who appeared at Wimbledon Magistrates' Court on Friday, January 3, will next appear at Kingston Crown Court on January 17 to enter a plea.

**CRACKING RESULT:** A Norbiton pub raised £4,300 for Thai orphans.

The Norbiton & Dragon donated 25p from every sale of prawn crackers to keep 85 children fed, clothed and educated. The Thai restaurant has worked with Baan Tharn orphanage for the past three years.

**FACING TRIAL:** A clubber has denied sexually assaulting a woman outside the Hippodrome nightclub in the run-up to Christmas. John Bate, 25, of Constitution Hill, Woking, will face trial at Kingston Crown Court and is banned from visiting any nightclubs.

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## Postman admits stealing cards

A postman who stole debit cards and Pin codes from two bank customers and used the details to withdraw more than £3,000 in cash, has been fined and ordered to carry out 200 hours of unpaid work.

Arulampalam Balenthiran, 47, of Red Lion Road, Tolworth, had pleaded guilty to 11 counts of theft and was sentenced at Kingston Crown Court on December 17.

He was ordered to pay a fine of £3,000 within six months or face three months in prison.

He was also given a 12-month prison sentence suspended for 18 months, and ordered to pay £100 victim surcharge fine, £400 to Lloyds bank and £2,000 costs.

Balenthiran was also told to carry out 200 hours of community service within the next year.

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## Man admits driving with no licence or insurance

A driver who was floored by police officers while furiously screaming "I haven't done anything" has admitted driving with no licence or insurance.

Leon Blake, 31, was screaming "What have I been arrested for? What have I been arrested for?" when he was arrested in Surbiton Crescent at about 8am on September 18.

About seven police officers arrested him near the black Mercedes he was driving. He shouted at passersby: "I haven't done anything wrong".

At the time police said he was arrested for driving offences, but was resisting arrest.

Blake denied the charges. But he changed his plea to guilty at a hearing on December 23 at Wimbledon Magistrates' Court.

A charge of possession of a small ball of cannabis, which he denied, was dropped.

Blake, of Effingham Road, Surbiton, will be sentenced on February 7 when magistrates will consider if there are special reasons for not disqualifying him.



**Floored:** Leon Blake was arrested in the street

## Anger rises over third runway consultation

by AMY DYDUCH

amy.dyduch@london.newsquest.co.uk

Heathrow's plan to consult residents on which option they prefer for a third runway had been criticised by a campaign group.

Heathrow will ask residents their preference between extending the northern runway – the Heathrow hub option, or adding a new runway north of the northern runway – an option put forward by the airport.

The hub option, put forward by former Concorde pilot Jock Lowe, would mean arrivals and departures could use the northern runway simultaneously, which campaign group Hacan said would mean all-day flying for people under the flight path.

Hacan chairman John Stewart said: "Heathrow Airport has never liked the Heathrow hub option and I suspect this is a way of putting pressure on the Airports Commission for it to be



**Debate:** Zac Goldsmith MP speaking at a rally last year RT74464

ruled out.

"But for residents it is like being asked to choose whether you preferred being murdered by

Jack the Ripper or the Boston Strangler."

A Heathrow spokesman said its own third runway option would provide respite for residents, unlike the hub option.

The spokesman said: "We believe that respite from noise remains important for local communities and we plan on asking people for their views directly early in 2014.

"We know that the people that Hacan represents oppose a third runway, but there are many others who support a third runway and will want to have their say on how it should be built and operate."

The Airports Commission, chaired by Sir Howard Davies, which is also looking at a second runway at Gatwick, will publish its final report next summer.



**Concern:** A third runway will generate extra air traffic

## 'Vow of silence' in Alpine shootings

A cyclist shot dead in the same incident as three members of a Claygate family could have been the intended target, a national newspaper has revealed.

The Sunday Times reported that an alleged vow of silence by those close to Frenchman Sylvain Mollier, 45, had fuelled claims that someone he knew wanted him dead.

Mr Mollier was found dead in the French Alps near Lake Annecy on September 5, 2012, alongside a BMW car, where Saad Al-Hilli, 50, of Oaken Lane, his wife Iqbal, 47, and her mother, Suhaila al-Allaf, 74, were also

found dead.

The newspaper also reported that Mr Mollier was shot seven times. The Al-Hillis who were killed had been shot three times each, all once in the head.

The two Al-Hilli children, Zainab, then seven, and Zeena, then four, both survived the attack.

It was alleged Mr Mollier was involved in a dispute over a pharmacy business that was being transferred to his 30-year-old girlfriend by her parents and had left his job as a metalworker at a factory making nuclear components.

Police also uncovered

romantic secrets of Mr Mollier and said he received a call from his ex-wife seconds before he died, it was reported.

The investigation into the deaths has focused on a dispute between Mr Al-Hilli and his brother, Zaid, 54, over their late father's inheritance, but in a Panorama documentary shown on BBC last year, Zaid Al-Hilli said he had no idea who killed his brother.

Zaid Al-Hilli, of North Parade, Chessington, was arrested last year on suspicion of conspiracy to murder, and has been rebailed several times.

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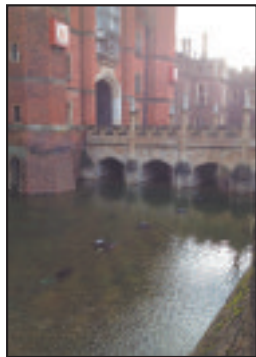
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# Palace's moat fills up as bad weather hits borough



Moat: Hampton Court

A dry moat surrounding Hampton Court Palace has filled with water for only the second time in a decade after heavy rain.

The clay-lined moat at Henry VIII's palace flooded in January last year, after one of the wettest years on record, and severe storms filled it again this week.

Last year the moat drained naturally as the rain eased.

Raven's Ait in Surbiton was also deluged, with the Thames lapping at the edge of the island.

Former owner Ozzie Stewart said: "It won't get into the island. The boatyard

by **JON SHARMAN**  
and **CLARE BUCHANAN**  
[jon.sharman@croydonguardian.co.uk](mailto:jon.sharman@croydonguardian.co.uk)

[Hart's Boatyard in Portsmouth Road] like everything else on the river at the moment is pretty badly flooded."

The cycle lane on Kingston's riverside was also flooded on Tuesday.


The Hampton Court moat has been there since Cardinal Wolsey made improvements to the palace after taking it over in 1514 and its main purpose was ornamental rather than as a defence system.

The moat was originally much larger and over time it

has been filled in and dug out.

It is believed to have become a dry moat at the beginning of the 20th century when the moat and drawbridge were reinstated.

During Henry VIII's day the moat served as a tidal sluice to clean away human waste from the palace's former public toilets, which were located to the right of the main entrance over the moat and could house up to 28 people at a time.

 More news online at [kingstonguardian.co.uk](http://kingstonguardian.co.uk)



Flooded: This cycle lane on Kingston's riverside towpath was impassable on Tuesday

Pic: Kris Smith



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## Win Mamma Mia tickets and a meal for two with Get Into London Theatre

CHEAP tickets to top London theatre shows are back with a bang as Get Into London's winter promotion returns.

And to celebrate, the company is giving away a pair of tickets to see the smash hit Abba musical Mamma Mia! at the Novello Theatre, as well as a pre-theatre meal for two at Kettner's with an arrival drink and a bottle of wine.

Set on a Greek island paradise, Mamma Mia is a story of love, friendship and identity, cleverly told through the timeless songs of ABBA.

Kettner's, situated in the heart of theatreland, is popular with actors and theatregoers alike – dine there and you never know who you might bump into.

Get Into London Theatre offers tickets for more than 45 top shows in the capital with performances until February 13 at prices ranging from £10 to £40, so there's something for every budget.

Plus, there's no booking or postage fee. Book online at



getintolondontheatre.co.uk or call The Ticket Factory booking line on 0844 581 5050.

To be in with a chance of winning, simply



e-mail your name and contact details to competition@soltma.co.uk with Get Into London Theatre in the subject line by January 31.

**Terms & conditions:** Entries must be received by 23:59 on

January 31, 2014. Prize tickets are valid for a Monday to Thursday performance of Mamma Mia until March 31, 2014, excluding February 17 to 20. Full prize draw rules are available at getintolondontheatre.co.uk/win/terms. Promoter: Society of London Theatre.

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Phoebe in  
Kingston  
Hospital



## New life starts in new year

by NAZIA DEWJI

ndewji@london.newsquest.co.uk

More than a dozen babies opened their eyes on New Year's Day in Kingston Hospital.

Hospital staff helped to deliver 12 little ones – seven girls and five boys on January 1.

The first baby came at 4am to parents Melissa and David McGill, from North Cheam, following a 36-hour labour that ended in a Caesarean section.

Baby Phoebe came in at seven pounds and three ounces.

The glowing new mum, who works for Richmond Council, said: "It was a long labour that started on the day before New Year's Eve so when she came at 4am we were quite shocked she was the first baby born. She was actually due on 23rd December so she was late.

"But this was one new year that we will never forget. I am happy to be back home waiting for all the friends and family to descend on us. She is a bundle of joy – she is quite content and very alert."



Highly paid: Bruce McDonald

## More than PM

Kingston Council's highest paid 12 directors took home a total of £1.28m last year.

Chief executive Bruce McDonald was paid £178,341 in 2013, more than the Prime Minister's £142,500. Finance director Leigh Whitehouse, the second highest paid, earned £131,868.

Children's services boss Nick Whitfield was not included, as he is part-paid by Richmond Council.

## Four on charge

Four men arrested during a "foiled armed robbery" at PC World Currys New Malden have been charged.

Detectives made arrests at 7am outside the store in Burlington Road on December 27.

The four men appeared in custody at Wimbledon Magistrates' Court on Saturday, December 28, all charged with conspiracy to rob.

The men are Hamza Dahir, 24, of no fixed abode, David Tesfaalen, 21, of Stanard House, Plough Lane, Wimbledon, Liban Ali, 25, of Pennethorne House, Wye Street, Battersea, and Ricco Powell-Allen, 21, of Summerley Street, Earlsfield.

Ricco Powell-Allen was also charged with possession of a firearm.

They are to appear at Kingston Crown Court on Friday.

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## Bistro Refurbishment



The Inn on the Lake Bar & Bistro will undergo a refurbishment in February. Situated on the water's edge, the popular eatery's interior will be updated, providing contemporary Lakeside dining for all. Featuring panoramic views overlooking the Silvermere Lake and the 18th Green, The Inn on the Lake provides the perfect setting to relax, unwind and celebrate.

It's not just the interiors that will change; the bistro will feature new menus served all day, fresh ground coffee and an extensive wine and beer selection.

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# Book fans take note as library fines reach £10k

by JON SHARMAN

jon.sharman@london.newsquest.co.uk

Bookworms across the borough owe Kingston Council almost £10,000 in library fines.

Parents are the worst offenders, hoarding some children's books for up to five years, a Freedom of Information request revealed.

The most overdue book was How To Twist a Dragon's Tale, by Cressida Cowell – which was meant to have been returned in July 2008.

One cheeky reader has held on to their copy of raunchy bestseller Fifty Shades of Grey for more than a year.

The items most overdue in

the list, which runs into the thousands, are largely children's books, for which the council does not charge fines.

Fines for other items, at 21p per day, are capped at £7.

Grace McElwee, library and heritage service manager, said: "There are two schools of thought on fines on children's books.

"It can be a huge disincentive for parents to use libraries with their children."

The total amount owed to

## The 10 most overdue books

- Cressida Cowell – How To Twist A Dragon's Tale
- Lauren Child – Utterly Me, Clarice Bean
- Enid Blyton – Upper Fourth at Malory Towers
- Robin Jarvis – Whortle's Hope
- Maureen Lee – Kitty and

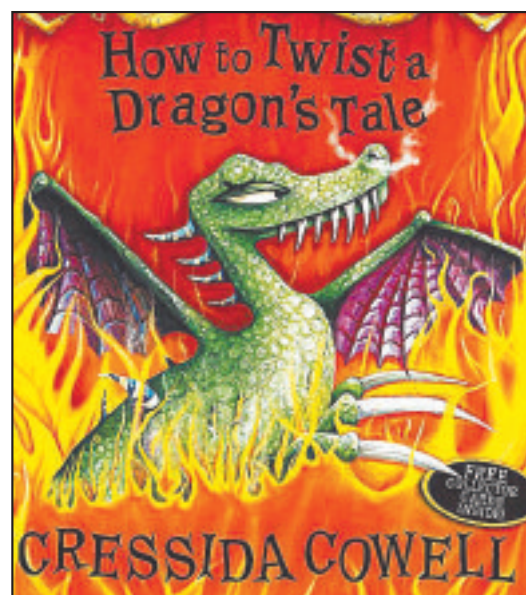
Her Sisters

- Julia Donaldson – Princess Mirror-Belle
- Stuart Trotter – Kipper's Surprise
- Anna Lester – Stories of Fairies
- Ann Bryant – Super Trolley Ride
- Vivian French – Princess Chloe and the Primrose Petticoats

the council was £9,843.84 as of December 17.

Last year the council

consulted on plans to raise fines to 25p per day, with a £10 cap.



## No prison for £20k fraud

A widow who dishonestly claimed more than £20,000 in housing benefits despite owning a property in Ireland has been spared prison.

Marian Baker, a mother-of-two formerly from King's Road in Kingston, received up to £830 a month between November 2006 and August 2008 after falsely claiming to have no income and savings of £2,000.

When applying for housing and council tax benefit in 2006,

she ticked the "No" box when asked if she had any property in or outside of the UK.

But an investigation by Kingston Council and another London borough revealed Baker, 38, had been the registered owner of a property in Dublin since 2004.

Baker was given a 16-week prison sentence, suspended for one year, ordered to pay £2,000 in costs plus an £80 victim surcharge.

## Couple sell wedding rings to cover their rent

A charity is warning household budgets in the area are being pushed to breaking point as a Worcester Park couple sold their wedding rings to pay the rent.

Housing charity Shelter said one in 13 London families fear they will not be able to pay the rent or mortgage at the end of the month.

Among them is Worcester Park mum Caroline Berens

who lives with her husband and two children. She and her husband work, but they are struggling to pay the rent on their home.

She said: "I go clammy just thinking about the bills.

"I do anything I can to avoid opening the post as I'm scared it will be another overdue bill. We do all we can to make ends meet – we've even sold our wedding rings and my mother-in-law

has helped us with the rent – but we're really worried about keeping our home in the coming months."

Shelter helps 3m people each year with housing problems to make sure they do not end up on the streets.

Its chief executive, Campbell Robb, said: "It's a worrying sign of the times that so many of us are starting the new year worried about how they'll pay their rent or

mortgage in 2014.

"Unless they get help, some of the families struggling now could face the very real prospect of losing their home this year.

"Despite recent discussion of an economic recovery, we know that a combination of high housing costs, wage freezes, and rising food and energy bills has created a nightmare scenario for many families."

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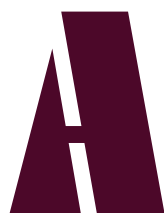
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## YOUR SAY

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Email: letters@kingstonguardian.co.uk Online: Your letters online at kingstonguardian.co.uk/yoursay/letters



# 'Consultation' easing way for another supermarket

I would like to ask for a bit more freedom of information about Tolworth roundabout.

Firstly, is the "artist's impression", which was passed off in the Kingston Guardian on January 15, 2010 as the council's plan, labelled correctly, or should it be "supermarket artist's impression"?

If it were proven to be a supermarket's artist's impression, would that make any further public consultation null and void?

Secondly, does a supermarket now own the properties on the roundabout itself, and for how long has that been the case?

Is the whole publicly-funded consultation about "improving local businesses" a charade? It has caused months of traffic congestion, resulted in a dangerous environment, and seems to be just easing the way for another food corporation outlet.

As for local small

businesses, the effect of another Tesco would be similar to dropping a neutron bomb on a huge area of North Surrey, which is becoming increasingly limited in consumer choices.

In the [same article it refers to the] "pedestrian and cycle-friendly walkway in the centre of the road". Painting the ground green, and declaring it to be a "green area" is insulting to residents.

I would ask politicians both

local and national, who are publicly known to either benefit from various forms of lobbying and doing food giants bidding in terms of planning laws, if this is the future they would want for your children?

How can you have the effrontery to appear at an opening ceremony for this health risk and public deception.

Shame on you.

WILFRED GIBSON  
Via email

## Do not let us down over adult education

The people of north Kingston realise how fortunate they have been for the past 26 years to have adult education at the centre of their community.

However, if it has been decided it has to move, it deserves a lot of time and effort to find an equally good site, with equally good facilities, in an equally accessible place.

The north Kingston people deserve this consideration.

But during these three years it has proved impossible to extract any information from Kingston executive councillors on their plans.

With just six days' notice, Councillor Rolson Davies informed us a decision was needed. Why, having had years to put together a

really good plan, a huge opportunity to produce something really special for years and generations to come, have they come up with this last minute apparently cobbled together temporary solution, unpopular and destructive.

Adult education students are adamant, they want their classes, and they want them local.

Perhaps the council should have done a survey, or are they not expecting to take people's opinions into account.

Will you now honour democracy and get this right, or are you in this election year to be the council who, again, let us down.

CHRISTINE ARNOLD  
Ham

## Majority of drivers only have themselves to blame

Judging from the long traffic queues heading for Kingston before Christmas at midday, it would appear that drivers enjoy queuing unnecessarily.

On London Road people resolutely refused to drive in the inside lane between the Norbiton roundabout and Coombe Road even though the bus lane was not in

operation and had not been enforceable for two hours.

On week days the bus lane only operates 7am to 10am and 4pm to 7pm.

The consequence of this was that traffic backed up from the town centre to Galsworthy Road by the hospital.

Norbiton roundabout was

locked as drivers refused to use the existing road capacity. Buses were stuck too of course.

You hear and read complaints about how awful traffic is in Kingston, but it seems to me that the majority of drivers have themselves to blame if they will not read the traffic signs.

I understand that a driving examiner will fail a test candidate who does not use the nearside lane when permitted to do so and the road. Drivers need to be more alert or we will all continue to get stuck in pointless traffic jams.

STEVE COCHRAN  
Via email

## Glad the record is straight

I am so glad you have printed the Chessington Ian Reid's letter expressing his concern that readers might have mistaken him as the letter writer criticising MP Edward Davey, who he holds in high regard, rather than me, a most grievous error rectified I am sure.

I also would have felt a little put out if my friends had thought it was not me who was taking our bombastic MP to task for his indifference towards his constituents. So, at least the record is straight.

IAN D REID  
Hook



CHECK OUT OUR LEISURE SECTION ON PAGES 22, 24 AND 25

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# 'We have no political agenda – we are helping to change lives'

by JON SHARMAN

jon.sharman@london.newsquest.co.uk

A Kingston food bank organiser has called it "a shame" Work and Pensions Secretary Iain Duncan Smith claimed his organisation was scaremongering about welfare changes.

The food bank operates as part of the Trussell Trust, which Mr Duncan Smith has said uses "political messaging".

Paul Pickhaver, from the Surbiton Community Church, said: "I have no political agenda. Anyone who has tried to politicise [the food bank], I have been very firm with them."

"It is a shame when politicians dismiss something that is happening as political."

"It is about making changes in people's lives."

"People in Kingston see the need and are willing to give their one packet, one tin."

The trust's chairman, Chris Mould, asked to meet the minister to discuss a link between changes to benefit payments and rising numbers of food bank visitors.

Mr Duncan Smith wrote back denying the connection, The Times newspaper reported.

He said: "I strongly refute this claim and would politely ask you to



Stocking the shelves: Volunteer Chris Steer and Big Yellow Storage assistant manager Lauren Goodwin

stop scaremongering in this way.

"I understand that a feature of your business model must require you to continuously achieve publicity, but I'm concerned that you are now seeking to do this by making your political opposition to welfare reform overtly clear."

More than half of all Kingston food bank vouchers issued by Job-Centre Plus over two years were used in the past three months.

Changes to benefits in Kingston,

including a 'cap' on payments and a spare bedroom penalty, were introduced this year.

Visitors to Kingston food bank recently include some who have gained seasonal work over Christmas, but need help because their pay packet will not arrive until the end of the month, Mr Pickhaver said.

A spokesman for the Department for Work and Pensions said: "There is no robust evidence that welfare



Claims: Iain Duncan-Smith said the Trussell Trust, which runs the food bank uses 'political messaging'

reforms are linked to increased use of food banks

"The Trussell Trust itself says it is opening three new food banks every week, so it's not surprising more people are using them."

"They also agree that awareness has helped to explain their recent growth."

□ Have you been affected by changes to the welfare system, or visited Kingston food bank for any other reason?

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Vital role: Organiser Paul Pickhaver and Chris Scannell sort through food items

## Shoplifters sentenced

Two shoplifters were caught inside Bentalls doing a bit of unauthorised shopping with a magnetic de-tagger to remove security tags.

Sarah Ford, 33, from Staines, was fined £280 when she admitted stealing £667.80 worth of clothes from the store in Kingston on November 8.

Catherine McDermott, 32, also from Staines, was also fined £280 for stealing £344 worth of clothes on the same day.

A man from Richmond, James Hall, 34, of Meadlands Drive, was given a conditional discharge for stealing two bottles of after-shave worth £69 from Boots Kingston on November 11.

Shannon Hughes, 20, from Dalton Avenue, Mitcham, was given a community order and given an electronic tag after admitting stealing £200 worth of items from Bentalls, on November 14. They were sentenced at Wimbledon Magistrates' Court before Christmas.



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**CHURCH CONCERT:** Distinguished blind organist and composer David Aprahamian Liddle will play a varied programme of music during a concert in Surbiton. The musician will play pieces from the likes of JS Bach and Louis Vierne.

● **David Aprahamian Liddle;** St Andrew's Church, Maple Road, Surbiton; Saturday, January 18, 7.30pm; £8-10; 08444 771000; ticketweb.co.uk.

**JAZZ TRIO:** Kingston University music lecturer and jazz pianist Meredith White will play a free concert in Kingston next month. The Meredith White Trio will play original compositions alongside old and new jazz standards at the monthly Jazz First Tuesday sessions at the Rose Theatre Cafe.

● **Meredith White Trio;** Rose Theatre, High Street, Kingston; Tuesday, February

## Vibe SHORTS

4, 1.15pm; free; rosetheatrekingston.org.

**KILLING A KING:** London folk popsters To Kill A King return to Kingston to headline their own show at New Slang next week. The band, fresh from supporting Bastille on their European tour, will be at McClusky's on Thursday, January 16. Support comes in the form of indie folk singer Edith Violet.

● **To Kill A King/Edith Violet,** New Slang, McClusky's, Thames Street,

Kingston; Thursday, January 16, 9pm; £5; banquetrecords.com.

**SKA SOUNDS:** Croydon band The Duelers will make a welcome return to Kingston this month. The ska reggae specialists will play Kingsmeadow ahead of the release of their new album in March.

● **The Duelers, Kingsmeadow, Jack Goodchild Way,** Kingston; Saturday, January 25, 8pm; £15; call 020 8247 9918 or visit kingsmeadowlive.com.

## THE DEMON HEADMISTRESS

A moustachioed headmistress with a dastardly plan to con the art market is

the subject of the Cornerhouse's new panto, *writes Faris Al-Jawad.*

The Belles of St Darcyan's opens later this month, featuring

gymslips, lacrosse sticks and a ruse to flood the art market with fake masterpieces.

Written by Surrey Comet sports columnist Tim Harrison, it tells the story of St Darcyan's Academy, led by the cunning head Millicent Fritton.

Picture: Jon Constant

The police are keeping an eye

on Ms Fritton and her con trick. But they will have to overcome the eponymous Belles of St Darcyan's if they are to bring her to justice.

Harrison says: "A well-aimed lacrosse stick is still a formidable weapon in the right hands, and St Darcyan's audacious headmistress Millicent Fritton is leading the charge."

● **The Belles of St Darcyan's;** the Cornerhouse, Douglas Road, Tolworth; January 28 – February 1, £6-8; ticket source.co.uk/event/37489, 020 8296 9012.

### THE BELLES OF ST DARCYAN'S

Vibe  
kingstonguardian.co.uk/vibe

**J**ealous wives, a time-travelling classic, and laughs from the Comedy Store are lined up to keep audiences entertained at the Rose Theatre, *writes Jon Sharman.*

Dry out in February and March with a mix of events for all tastes. Carrying over from the end of January is *Fallen Angels*, a Noel Coward favourite following two lonely wives who learn an old lover plans to

drop by for a visit.

As their passionless husbands are away playing golf, Julia and Jane hit the champagne – and their evening descends into jealous bickering and bad behaviour.

After that it is the turn of the men to overindulge themselves, in Michael Frayn's farce *Donkeys' Years*, directed by Rose returnee Lisa Spirling.

At a university reunion, a group of successful, middle-class graduates swill wine and share stories before everything gets predictably messy.

On February 23, the Comedy Store sets up with Comedy Roadshow veteran Sean Collins, alongside MC Rich Wilson,

Chris McCausland, Andy Askins and Prince Abdi. American Rich Hall will also tickle ribs

with music and jokes in March.

Former artistic director Stephen Unwin makes a return to the Rose with *Moon Tiger*, a haunting story of loss and desire based on Penelope Lively's 1987 Booker Prize-winning novel.

Flamenco guitar virtuoso Juan Martin will play a one-night-only concert at the beginning of March, while later in the month adults can enjoy a night of raunchy cabaret with *Masques and Basques*.

And the stage version of the beloved tale *Tom's Midnight Garden* will come to Kingston. Tom always believed time-travel was impossible – until the grandfather clock in the hallway struck 13 times. He is

transported to a secret garden and enjoys magical adventures with new friends, before solving a riddle behind some strange goings-on.

Mid-March sees a Shakespeare double-bill. The Propellor group will perform both *A Midsummer Night's Dream* and *A Comedy of Errors*.

Ending the season will be Brecht's classic play *A Life of Galileo*, following the ups-and-downs of the famous scientist's career.

● **For full details visit** rosetheatrekingston.org.

JUAN MARTIN

A LIFE OF GALILEO

RICH HALL

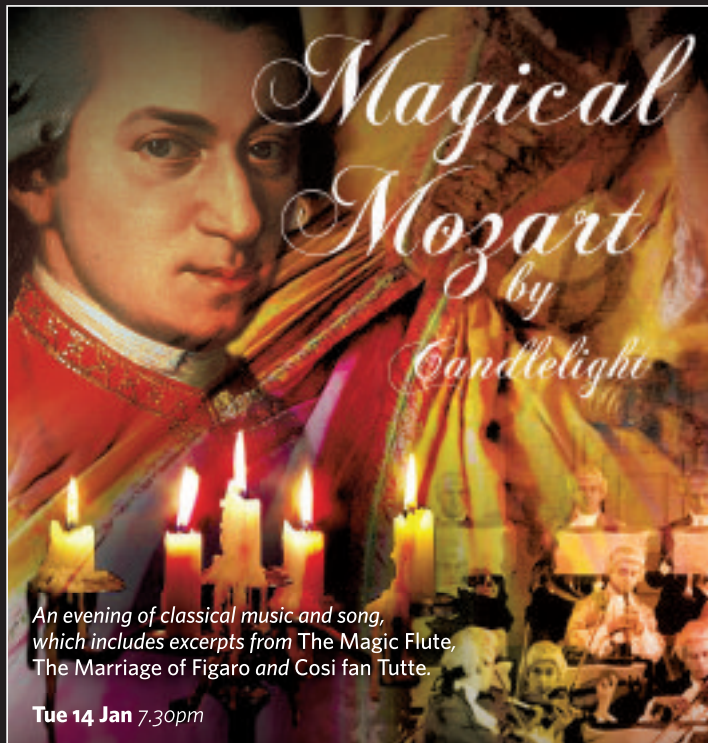
# LOOKING ROSY



**INSIDE:** Getting fit for the new year p24 Watching the weight p25



# THIS MONTH AT THE ROSE



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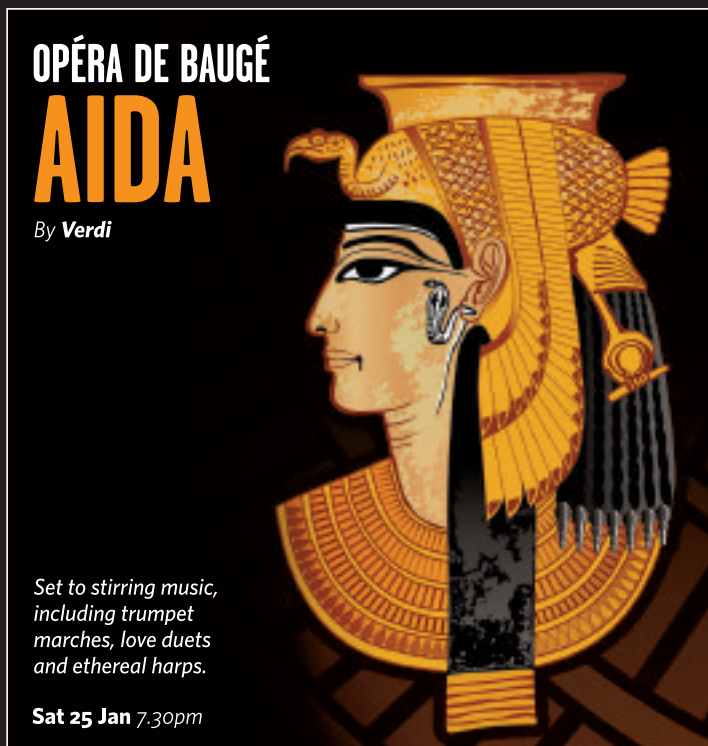
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# The FIGHT for FITNESS

London's Olympics was supposed to bring in a new era of fitness to the UK, after a steady increase in obesity levels over the past decade, writes *Nicholas Hitchens*.

However, despite an initial surge in participation by the end of 2013 a survey from Sport England found less people were engaging in exercise.

With national obesity awareness week beginning Monday and many hoping to make a change in their lifestyle,

**Vibe** asked Tyrone Williams of Streets Ahead Fitness to offer some tips.

He says: "Becoming more physically active doesn't mean getting up one day and trying to run a marathon. Instead, a useful first step is to look at how a little more physical activity can be incorporated into your existing routine. How, for example, do you usually get around or to and from work? Then have a look at those journeys and ask yourself the question – which of

those could I walk instead?

Williams recommends aiming to walk for 30 minutes three to five times a week as a good base. Strength training converts fat to muscle. However, gyms can be intimidating places for those starting out. Williams recommends body weight exercise, such as push-ups, lunges and squats, which can be done in the comfort of your home as a good place to start.

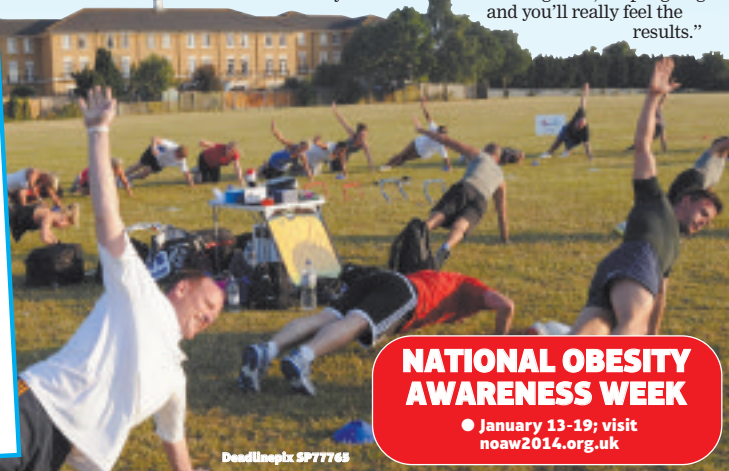
Many gyms are offering cut-price membership deals at this time of year

and now is the time to cash in, and there are many outdoor fitness classes that are cheap – and exercising in a group is a motivator to push on when feeling the burn.

Williams's biggest secret is make the exercise fun.

He says: "Once you get into a routine you will see improvements in your health and it will be easier than you might think at first to motivate yourself to keep going. There's no such thing as a quick fix, so remember – keep it manageable, keep it going and you'll really feel the results."

**JOIN THE GYM:** ● New Malden Sports Club offers gym facilities over three rooms, as well as a number of weekly exercise classes, personal training and sport nutrition advice. **New Malden Sports Club, Somerset Close, New Malden KT3 5RG; 020 8942 0539; admin@newmaldenclub.co.uk; newmaldenclub.co.uk.** ● YMCA London South West runs a number of gyms across the area, including at its branches in Kingston and Surbiton. At YMCA Surbiton and YMCA Hawker Centre, you will find fully-air conditioned gyms with cardio and resistance equipment, as well as sport, fitness and dance classes. **YMCA Hawker Centre, Lower Ham Road, Kingston KT2 5BH; 020 8296 9747; info.hawker@ymcalsw.org; YMCA Surbiton, 49 Victoria Road, Surbiton KT6 4NG; 020 8390 0148; info.surbiton@ymcalsw.org; ymcalsw.org.**



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**NATIONAL OBESITY AWARENESS WEEK**

● January 13-19; visit [noaw2014.org.uk](http://noaw2014.org.uk)

## An angelic Noel

Absent husbands, a former lover and an endless quantity of champagne is a recipe for both disaster and laughs in Noel Coward's comedy *Fallen Angels*, writes *Ross Logan*.

It has been 10 years since the cork-popping chuckle fest was performed in the West End, but has been revived this year for an autumn tour, which heads to the Rose Theatre this month for a week-long run.

Starring Jenny Seagrove and Sara Crowe, the riotous farce tells the story of Julia and Jane, two friends bored of their passionless husbands, who are surprised by an unexpected visit from an mutual ex-love interest while their spouses are away playing golf.

They decide the best way to resolve their dilemma is to drink copious amounts of champagne – a risky course of action, which inevitably leads to unsettled scores, forgotten feuds and long-kept secrets coming

out into the open.

The show will officially start the theatre's new 2014 season – the first since the departure of artistic director Stephen Unwin.

Seagrove is perhaps best known to today's television viewers as barrister Jo Mills in the popular Judge John Deed series, having first come to public attention in Bafta-winning 1983 movie *Local Hero*.

Although Crowe spent years as the face of cream cheese Philadelphia, she is also an Olivier Award-nominated theatre actress, whose performances in other Coward plays such as *Hay Fever* and *Private Lives* have been critically acclaimed.

Directed by Roy Marsden, *Fallen Angels* promises to get the Rose's new year off to a sparkling start.

● **Fallen Angels; Rose Theatre, High Street, Kingston; Monday, January 27 to Saturday,**

**February 1; £19-£28 (pit cushions £5); rose theatre kingston.org, 08444 821556.**



**FALLEN ANGELS**

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Vibe

# THE WEIGHT IS OVER



SHELINA PERMALLOO

**C**hristmas has just passed and a month of over indulgence may have begun to take its toll on your waistline.

But losing weight does not have to be all about calorie counting and eating boring rabbit food, writes *Alexandra Rucki*.

Shelina Permalloo, Masterchef winner 2012, has joined forces with Weight Watchers to launch healthier versions of her famous Mauritian recipes.

The weight loss company has recently started a Simple Start diet plan, which involves no calorie counting, weighing or measuring, but a focus on healthy food.

Permalloo, of Tooting, says: "I have developed special Simple Start recipes to help inspire readers with exciting and healthy food."

"While developing them, they have helped me on my own weight loss journey, in fact I've just reached my five per cent goal and I'm really chuffed."

Her personal weight loss tips include switching rice for healthier quinoa and keeping high-quality dark chocolate in the cupboard to help with sweet cravings.

She says: "I really crave salty snacks like tortilla chips and guacamole."

"To make my own healthier alternative that still satisfies those cravings, I get a crisp bread – you can get ones infused with chilli – and then smash up some chick peas on top, add a dash of Tabasco sauce for spice and a squeeze of lime juice."

Catherine Collins, principal dietician at St George's Hospital, Tooting, advises to avoid any diet which features the word detox.

She says: "Losing weight takes a bit of time. For five to six kilograms it is going to take two months to keep it off."

"Be totally honest with what you are eating and keep a food record, including secret eating in the kitchen, finishing Christmas chocolates off – it all counts."



## SHELINA'S GRIDDLED PINEAPPLE WITH MANGO AND LIME

**Ingredients** ● 150ml mango juice (this is an extra treat and needs to be noted) ● 1 tablespoon ground mix spice ● pinch of dried red chilli flakes ● 1 whole lime, juice and zest ● whole pineapple cut into spears

**Method** ● In a big sandwich bag combine the mango juice, ground spice, lime zest, lime juice and chilli flakes and massage the pineapple until all pieces are covered in the mixture. ● Place the pineapple on a hot griddle pan and cook for 1-2 minutes on each side until nicely charred. ● Once the pineapple starts to char, pour over the remaining juice to caramelise in the warm pan. ● Serve warm with the caramelised drizzle over the top.

To get going on the new year for 2014, why not pop along to a Weight Watchers centre in Tolworth that opened this week? Meet like-minded people and become inspired to lose some weight.

● **Weight Watchers Tolworth Centre, Deckers Sports Ground, Kingston Road, open Monday to Sunday from 9am to 11pm.**

If losing weight has always been a hassle, why not try a new approach? Lifestyle therapists and hypnotherapists are at hand to help you in the borough.

● **Visit [thereallyuseful.lifecoach.com](http://thereallyuseful.lifecoach.com) or call 020 8546 8460.**

## A talk of substance

A former UK chief drug adviser will be discussing the role of science on the Government's drugs and alcohol policies.

Professor David Nutt will present Drugs and Alcohol – is It Time to Put Science in Charge? at January's meeting of Cafe Scientifique.

A controversial and outspoken figure, Prof Nutt has clashed repeatedly with Governments over drug classification and the perceived risks of taking illegal substances.

He has claimed the moral message promoted by MPs against taking illegal drugs goes against scientific evidence to the contrary.

In 2009 he was sacked as head of the Advisory Council on the Misuse of Drugs for criticising the Government's decision to reclassify cannabis to class B from class C.

Prof Nutt is chairman of neuropsychopharmacology at Imperial College London and former president of the European College of Neuropsychopharmacology.

● **Cafe Scientifique, Woody's, Ram Passage, Kingston; January 28, 7pm; free, email [m.preece@kingston.ac.uk](mailto:m.preece@kingston.ac.uk).**

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# House prices could rise by 11 per cent

## Market report says demand outstrips supply in capital

London house prices could rise by 11 per cent in 2014.

That's according to the latest report from the Royal Institution of Chartered Surveyors (RICS) which says that increasing demand from would-be buyers coupled with a sluggish supply of homes coming onto the market is pushing up prices.

The RICS says house prices will rise by eight per cent across the country with the biggest rise of 11 per cent in the capital.

Peter Bolton King, RICS global residential director, said: "The cost of a house is now picking-up right across the country and next year should see more of the same."

"We expect all areas of the

**TAMASIN COATES**

[property@london.newsquest.co.uk](mailto:property@london.newsquest.co.uk)

country to see prices increase, with London, predictably, recording the biggest rises.

Mr Bolton King said the improving economic picture aside, this was largely down to the fact that buyer numbers considerably outweigh the amount of homes on the market.

"While the number of new homes being built is now on the rise, it still won't be anywhere near enough to meet demand, and we expect the problem of insufficient housing stock to be the main driver behind price increases over the next 12 months," he

explained. "With the shortage of homes coming onto the market – a key factor behind the price rises – some comfort may be drawn from a likely 20 per cent jump in new starts in England over the next year.

"That would push the total towards the 155,000 mark compared to 125,000 this year and only around 100,000 in 2012.

"While this is an encouraging trend, it is still insufficient to address the more rapid growth in population and will leave significant shortfalls in all tenures," he added.

Landlords are also looking to 2014 with an increasing sense of optimism.

A survey by Paragon Mortgages of around 200 landlord customers, found that 38 per cent of them are feeling optimistic about the prospects for their portfolio.

Just over a fifth of landlords are planning to invest in further buy-to-let property in the first quarter of 2014. Of those, landlords looking to buy, large-scale landlords were more likely to expect to purchase property (25 per cent) than small-scale landlords (8 per cent).

John Heron, director of mortgages, for Paragon said: "2013 was a good year for buy-to-let, and landlords certainly seem to be more active in the market."

"We have seen a steady



increase in the levels of optimism among our landlord customers, and this looks set to stay in the new year.

"We expect buy-to-let

lending market-wide in 2013 to be in the region of £20 billion, and while this would represent a material level of growth over 2012 we should keep things in perspective."

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Unfurnished, excellently presented 3-bedroom family home which has been refurbished throughout with newly fitted kitchen and bathroom, downstairs cloakroom, dgw and gch. Located walking distance of New Malden Centre. Available now.

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**Belmont Avenue, New Malden KT3 NEW MALDEN £1,500 pcm**

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**Clarence Avenue NEW MALDEN £569,950**

Particularly spacious 4-bedroom home having been slightly extended to the ground floor offers much further potential. Coombeside location excellent local schools, easy reach New Malden Centre.

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**Burlington Road, New Malden KT3 NEW MALDEN £425,000**

Semi-detached 3-bedroom halls adjoining family house. The property has undergone complete refurbishment and offers generous adaptable accommodation with gch, dgw, open plan kitchen-diner, garden with garage at rear. The house is within the catchment area of Burlington Infants and Junior Schools and has good transport links close to hand.

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**Cheltenham Close, New Malden KT3 NEW MALDEN £305,000**

Immaculately presented mid-terrace 2-bedroom house with newly fitted modern white bathroom suite. Conveniently situated on the outskirts of the Groves area within easy walking distance of New Malden's comprehensive High Street, main line station and local shops.

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**Farriers Road, Epsom KT17 EPSOM £675 pcm**

A purpose built 1st floor studio flat in this popular development with easy access to Epsom Town Centre & station. Re-fitted kitchen & 16'3" x 13'1" studio room, allocated parking, gas central heating. Available mid-August.

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**Rickards Close, Surbiton KT6 SURBITON £625,000**

Unmodernised 4 bedroom 2 bathroom detached family home set in this popular cul de sac location on the Southborough side of Surbiton. On an exceptional wide corner plot, there is also scope for extension subject to planning permission.

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**Cotterill Road, Surbiton KT6 SURBITON £609,950**

Extended 3 bedroom 1930's family home with scope for extending further (stpp) has many original character features set in this popular tree lined location within a mile of Surbiton town centre with its excellent rail service to Waterloo.

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**Gilders Road, Chessington KT9 CHESSINGTON £750 pcm**

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**Hook Road, Chessington KT9 CHESSINGTON £147,500**

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**Hook Road, Hook KT9 CHESSINGTON £269,950**

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Church Meadow £1,300,000

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Calendar Mews £500,000

A Superbly presented two bedroom town house situated in a pretty mews development. The property is of a high quality finish with the accommodation arranged over three floors. The accommodation comprises spacious reception room, fitted kitchen, two bedrooms, family bathroom with ground floor WC.

Surbiton Office 020 8390 6522



Beresford Avenue £595,000

Fantastic five bedroom semi detached family home positioned in a popular residential location. Through lounge, kitchen/diner, and downstairs w/c. To the first floor there are four well proportioned bedrooms, family bathroom/wc and an en suite. The property requires some updating and modernisation.

Kingston Office 020 8549 9033



Mill Street £525,000

A wonderfully presented four bedroom Victorian style semi detached house located in the highly sought after Fairfield area in South Kingston. The property benefits on the ground floor of two large reception rooms, access to a cellar/study, family bathroom and good size kitchen breakfast area.

Kingston Office 020 8549 9033



Royal Quarter £399,950

A fabulous opportunity to acquire this two double bedroom raised ground floor apartment. The accommodation comprises two double bedrooms with en-suite to master, spacious reception room, modern fitted kitchen and family bathroom. The property benefits from its own balcony and underground parking.

Kingston Office 020 8549 9033



Gladstone Road £219,950

A fabulous opportunity to purchase this one bedroom top floor purpose built garden flat within easy reach to local amenities and public transport. The property benefits from a double bedroom, large reception room and a separate kitchen as well as good size bathroom.

New Malden Office 020 8949 5187



Seaforth Avenue £310,000

A two double bedroom ground floor maisonette in a popular residential location in Motspur Park. Good size kitchen and reception room, the main bedroom is a great size, private garden to the rear of the property as well as a garage and car port. Some modernisation is required and the property is offered with no onward chain. EPC grade F.

New Malden Office 020 8949 5187



Seaforth Avenue £500,000

A good size four bedroom semi detached set over three floors. The property offers ample living space, open plan kitchen/dining/family room, further separate reception room, approx 60ft rear garden, spacious master bedroom, en-suite and family bathroom. Situated on a popular residential road, a short walk to Motspur Park station. EPC Grade D

New Malden Office 020 8949 5187



Brockenhurst Avenue £410,000

A three bedroom semi detached house occupying a corner plot on a Cul-De-Sac, the property benefits from a side and rear garden with a detached garage, internally there are two reception rooms, a spacious kitchen/breakfast room, three bedrooms, bathroom with separate W.C., and some modernisation is required. EPC Grade D.



Keith White  
Surbiton



Tom Headden  
Kingston



Matthew Jones  
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An extended four bedroom double fronted end terraced house situated in a cul-de-sac location is offered to the market with no onward chain.



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A three bedroom end terraced property located close to the station offers modern bathroom and front and rear garden.



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### Chessington

A three bedroom end terraced property offered to the market with no onward chain. Benefits include modern bathroom, modern kitchen, downstairs WC, garage and gardens.



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### Chessington

A well presented three bedroom property with modern fitted kitchen, downstairs WC, modern bathroom, rear garden and garage en bloc.



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### Surbiton

This three bedroom home is located in a popular residential area with lounge/dining room, rear garden, allocated parking and offered to the market with no forward chain.



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### Epsom

Located in a popular residential cul-de-sac is this first floor maisonette benefits from bright and spacious accommodation. With two double bedrooms and a private rear garden.



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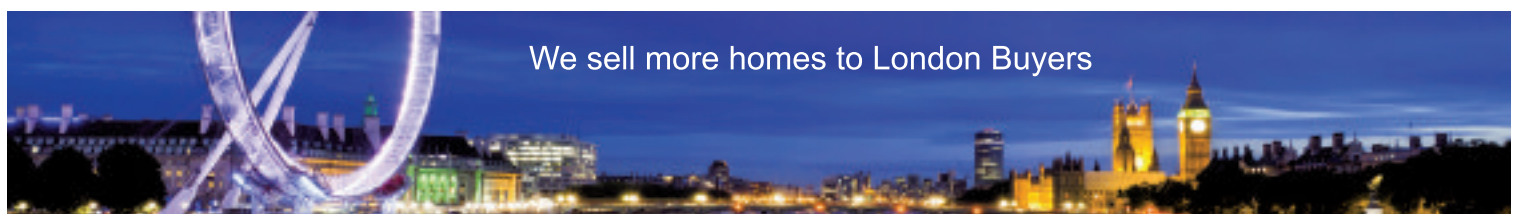


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#### Obituary Notice

**Rene Boffa**

Passed away on the  
29th December 2013

She will be sadly missed by her  
daughter Kathleen Goggin  
And Grandchildren Angelina,  
Bradley and Wesley  
The Funeral will be at  
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<p><b>Plumbing &amp; Heating Specialist</b></p> <p>Breakdowns to full installations</p> <p> Gas Safe Registered 7 Days a Week</p> <p><b>07957 193 358 • 07833 097 753</b></p>	<p><b>JBT</b> <b>Plumbing &amp; Heating Specialists</b></p> <p>24hr emergency call-out No Call-out Charge Free Estimates &amp; Advice All Areas Covered All Work Guaranteed Fitted Bathroom &amp; Tiling Fast Friendly Reliable Service</p> <p><a href="http://www.JBTplumbing.co.uk">www.JBTplumbing.co.uk</a> <a href="mailto:info@JBTplumbing.co.uk">info@JBTplumbing.co.uk</a> <b>020 8641 1650</b> <b>07976 419 890</b></p>	<p><b>RAPID ROOFING &amp; Property solutions</b></p> <p>All aspects of work:</p> <ul style="list-style-type: none"> <li>• Storm damage repaired promptly</li> <li>• All Roof repairs • New flat roofs</li> <li>• Fascias &amp; guttering • Re-felt garden sheds</li> </ul> <p>All work guaranteed</p> <p><b>New year saving</b> <b>020 8485 8323 • 0800 303 2820</b></p>	<p><b>D.J.K Property Care</b></p> <p>Fully Qualified &amp; Insured</p> <ul style="list-style-type: none"> <li>* Roofing * Leaks</li> <li>* Guttering * Painting</li> <li>* Jet Washing</li> <li>* Gardening &amp; Tree Work</li> </ul> <p><b>020 8485 7127</b> <a href="mailto:djk03@hotmail.co.uk">djk03@hotmail.co.uk</a> <a href="http://www.djkpropertycare.co.uk">www.djkpropertycare.co.uk</a></p> <p> Call us on <b>020 8722 6400</b> to advertise your events</p>
<p><b>Removals</b></p> <p><b>ALAN'S REMOVALS</b></p> <ul style="list-style-type: none"> <li>• Friendly and reliable removal service</li> <li>• Single items to full loads • House clearance</li> <li>• Furniture disposal • Best hourly rates or fixed prices • Not to be beaten</li> </ul> <p><b>WE COVER IT ALL, BIG OR SMALL, SO PLEASE CALL ALAN</b></p> <p><b>020 8751 1777/07956 403 284</b> 7 days a week Also insured</p>	<p><b>MR BEE REMOVALS</b> <b>FROM £20 P/H</b></p> <p>Reliable men with vans for removals From single items, flats, houses, offices &amp; clearance. ANYTIME, ANYWHERE. <b>07773 673535</b> <a href="mailto:mrbeereovals@hotmail.co.uk">mrbeereovals@hotmail.co.uk</a> <a href="http://www.mrbeereovals.com">www.mrbeereovals.com</a></p>	<p><b>Rubbish Clearance</b></p> <p><b>1st Call Clears It All</b></p> <p>Full load from £120-£150 All garden tidy ups Rubbish Clearance Free Estimates Cheaper Than A Skip House &amp; Garden Clearance <b>07947 684 182</b></p>	<p><b>RUBBISH CLEARANCE AND RECYCLING</b></p> <p><b>All rubbish cleared</b></p> <p>Household - Gardens - Builders Free quote - We load Factory - Site - Workshop and Business cleared Crane hire available - Light demolition Scrap metal bought and cleared</p> <p>Registered waste carrier with the environment agency <b>0208 648 8275   07947 790 744</b></p>
<p>To advertise contact <b>020 8722 6400</b> or email <b>privateads@london.newsquest.co.uk</b></p>	<p><b>Top Line Removals</b></p> <p>Local or long distance Small houses, flats and offices One item to a full load CALL PAUL ON <b>020 8390 0771</b> <b>07836 200 489</b></p>		

**WE CLEAR IT ALL**Fully licensed Waste carrier  
90% Recycled  
Cheaper Than A Skip  
Family Run Business  
Free estimates**07546 393 103**ALL RUBBISH removed.  
Houses, gardens etc. Free estimates. 0208 541 0973/07956 438 053.



## Rubbish Clearance

# We Load It For You!

We Own Our Own Recycling Centre Where We Recycle Up To 80% Of All Rubbish Removed  
Fully Licensed By The Environmental Agency

## All Rubbish Loaded, Cleared & Recycled!



This is a 10 Yard  
**Truck**

1/4 Load .....	£60
1/2 Load .....	£90
3/4 Load .....	£125
Full Load .....	£160



This is a 14 Yard  
**Truck**  
**Full Load.....£220**

All Above Prices Are For Household Waste, Furniture, Green Waste And Wood.

### BUILDERS WASTE

Prices For Mixed Builders Waste Including Plasterboard

**4 Yards £120 – 6 Yards £160 – 10 Yards £240**

**Soil And Hardcore (Not Bagged) 1.5 Yards £90 – 3 Yards £160  
Or £3 Per Builders Rubble Bag.**

**Central Rubbish Clearance | 020-8399-0333**

## Articles For Sale

## Audio &amp; Hi-Fi

**RECORD COLLECTION**  
50's, 60's, 70's, 80's, 90's  
cassette 2 £300  
07733987313

Baby & Nursery  
Equipment

**BABY BOUNCER** only  
used for 6 months. £10  
ono 07961 377704

**GRACO** excellent condition,  
6 months old,  
blue/green colour £10 ono  
07961 377704

**MOBILE MUSICAL** The  
sofe melody, colour white,  
5 small teddy, 0-1 year go  
above cot. £5ono. 07961-  
377704

**FARM YARD** Gym padded  
play mate with detachable  
toys, tree, cow and tethers,  
mirror, squeaker £10 ono.  
07961-377704

**LINDAM SECURE** Folding  
bed rail (blue) mattress  
width 76cm to 100cm, not  
used £10ono 07961  
377704

Bedrooms &  
Bedding

**BEDS, NEW** singles from  
£75, doubles from £100.  
Fast same day delivery. Tel:  
07956 552 666 or 07853  
277 242

## Carpets &amp; Flooring

### M.C.C. CARPETS

#### CARPETS & VINYL SUPPLIED & FITTED

**PROMPTLY & PROFESSIONALLY**  
- Value For Money -  
- Service And Reliability -

**We won't be beaten on our  
"PROMOTION RANGES"**

**020 8393 0022**

#### New Year Stock Clearance!!

#### Room-Size Remnants

#### Massive Discounts!!

#### Excess Stock - must go!!

2.92 x 4mtr J.H.S. Carpets, "SIGNATURE II" - Sapphire.....£58

2.29 x 4mtr "Tomkinson Twist" - Supreme Mushroom.....£66

2.47 x 4mtr "Tomkinson Twist" - Supreme Mushroom.....£71

2.70 x 4mtr Manx "Luxury Heathers" - Elite - Thick Saxony Chiffon.....£78

2.70 x 4mtr Manx "Royal Kingdom - Thick Saxony - Oak.....£78

2.83 x 4mtr "Monaco Twist" - Stone.....£82

2.29 x 5mtr K'mead "Snowdonia" - Thick Saxony - Pebble.....£83

2.98 x 3.98 J.H.S "Signature II" Ocean.....£86

3mtr x 4mtr "Monaco Twist" - Oak.....£87

2.91 x 4mtr Kingsmead Carpets "RIDGEWAY" - Decor.....£92

2.60 x 5mtr K'mead "Snowdonia" - Thick Saxony - Pebble.....£94

#### VINYL ROLL-ENDS IN STOCK

from only £2.99 Sq. Mtr.

**401, Kingston Road,**

**Ewell, Epsom, Sy. KT19 0BT**

**(Opposite The Co-op Store)**

**CUSTOMER PARKING FRONT & REAR**

## Mobility

#### MOBILITY SCOOTERS AND WHEELCHAIRS.

New, used, bought & sold.  
Also repairs carried out.  
New batteries sold at  
best prices.

Easy terms available  
7 days, 7am-7pm  
Steve;

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07762 124 799

#### MOBILITY SCOOTER

brand new x show model, 8  
miles per hour, full suspension,  
captain's seat, lights,  
indicators, two year warranty  
cost £3,500 accept  
£1,500 Tel: (01252) 815756  
Trade

## DIY Equipment

**LADDER FOR SALE** Alu-  
minium great condition  
never used £30  
07733987313

## Articles For Sale

## Furniture &amp; Furnishing

### UNWANTED FURNITURE & FURNITURE SALE

Do you have good quality Furniture  
or household appliances that you  
no longer need? The Hounslow  
Furniture Recycling Project,  
a registered **local charity** provides  
donated furniture etc to needy  
people and relies on the support  
of residents. Please donated your  
furniture to us to enable this very  
necessary service to continue.

We collect at no cost.

**Please call 020 8814 2225**

Our next sale to the public is on

**Saturday 11th January 2014**

**between 10.00am & 4.00pm at**

**Northcote Avenue,**

**Isleworth TW7 7JQ**

**Tel: 020 8892 4916**

**www.hounslowct.org.uk**

## Articles Wanted

### ITEMS WANTED

Old clocks • Pocket watches • Wrist watches  
Vintage toys • Dinky/Corgi cars • Trains/Train sets  
Old Coins & Bank notes whole collections or singles  
Teddy bears • Dolls • Dolls houses & Furniture  
Military & Sporting medals • Trophies & Cups  
Old Jewellery (even broken bits & costume jewellery)  
Fountain pens • Writing slopes • Wooden boxes  
Vintage Clothes & Handbags • China & Glass  
Old luggage • Leather & Wooden Trunks • Pictures  
**Clear those cupboards out for cash**

Call now for more details  
**0208 399 9885 or 07973 563897**

## Chatlines

**CHAT FLIRT DATE**  
**10p** per min  
0872  
908 1296

18+ Helpline 0844 944 0844. Live calls recorded.  
0872-10p per min. Network Extras apply. SP: 40.

**GAY CHAT**  
Gay, Bi or just  
Curious you'll  
find plenty of  
GAYS to chat  
to here.  
**0871 550 0696**

18+ Helpline 0844 944 0844. Live calls recorded.  
0871 = 10p per min. Network extras apply. SP: 40.

**MATURE LADIES**  
**LIVE SEX**  
**CHAT 30p** per min  
**0909 866 1182**

Calls cost 30p per minute + network extras. Calls recorded.  
Mobile users may receive free promotional messages. 18+  
only. Livechat 184 706336 MFC 77M. Help 08445714407

Chat and date  
to 100s of  
gorgeous guys  
online right now!  
**CALL NOW!**  
**0800 075 4678**

18+ Helpline 0844 944 0844. "0800" Free from  
BT landline. Network extras apply. SP: 40.

**TEXT CHAT!**  
women text: ecomet  
men text: mcomet  
gay text: gcomet  
**FREE**  
FOR  
"WOMEN"  
to: 69866  
**1st 5 msgs FREE. £1.50 for 5**  
**msgs sent/received thereafter.**

18+ Helpline 0844 944 0844. "Standard" network  
charges apply. Women: Network charges only.  
Send ST10P to 69866 to stop. You may be sent  
free mms msgs for similar services. Text NO INFO  
to 69866 to opt out. IP: X-ON.

**CHAT OR DATE**  
**10p** per min  
**0871 550 5554**  
**GAY: 0871 550 4081**

18+ Helpline 0844 944 0844. 0871 = 10p per min.  
Network Extras Apply. Live calls recorded. SP: 40.

## Conditions of acceptance of advertisements

## General

1. The following conditions apply to the  
placing of an order for insertion of  
advertisements in Newsquest Media  
Group ("Newsquest") printed or  
electronic publications. Each order  
will form a separate agreement and  
English law will apply. Any change  
to these conditions must be agreed  
by us in writing (which means by  
exchange of letter, fax or email). An  
"advertiser" means any person or  
organisation placing an  
advertisement on their own account  
or on behalf of another.

## Contents

2. The advertiser confirms that the  
advertisement complies with all  
applicable legislation, regulations  
and codes of practice, including the  
codes supervised by the Advertising  
Standards Authority. We may reject  
or require changes to any  
advertisement so as to comply with  
legal or moral obligations placed on  
us or the advertiser; to avoid  
infringing the rights of a third party  
or any relevant code of practice; or  
to meet our published production  
and quality specifications.

3. The advertiser further confirms that:

i) the publication of the  
advertisement will not breach  
any contract, infringe the  
copyright, trademark or other  
right of any third party and is  
not libelous of any person;  
ii) all licences and consents from  
third parties necessary for the  
publication of the advertisement  
have been obtained and paid for,  
including consent from living  
persons identified in copy or  
pictures (photographic or  
otherwise);

iii) in respect of an investment  
advertisement, the contents have  
been approved by, or the  
advertiser is, and authorised  
person within the meaning of the  
Financial Services Act 1986 as  
amended or the advertisement is  
otherwise permitted under that  
Act.

## Payment

4. All advertisements must be paid for  
in full at the time of booking unless  
credit has been agreed. The price  
shall be the amount fixed by our  
published rate card on the date of  
acceptance of the order plus VAT  
where applicable. For non-credit  
advertisers, we will cancel  
publication of an advertisement that  
has not been paid for on time. For  
credit advertisers, we will cancel  
publication of any future  
advertisements if payment is not  
made in accordance with our  
payment terms. For credit  
advertisers, interest will be charged  
on late payments at the rate of 3%  
above the Bank of England's base  
lending rate from the date payment  
is due together with the  
administration costs of collecting an  
overdue debt.

5. By placing an order with us, an  
advertising agency confirms that it  
contracts as principal with full  
authority from its client in all matters  
connected with the order and is  
responsible for all payments due.  
We will only accept advertisements  
from advertising agencies if they are  
recognised by us.

6. We will try to give notice of  
increases, but we reserve the right to  
change our advertising rates at any  
time. This will not affect contracts,  
including any fixed term agreement  
for a series of advertisements.

## Box numbers

7. We will use reasonable efforts to  
forward replies to box numbers  
within a reasonable time, but we  
are not responsible for any failure  
or delay caused by circumstances  
beyond our reasonable control, or  
for any losses relating to an  
advertiser's business or any loss that  
is not reasonably foreseeable by  
both parties.

## Cancellation

8. We will notify the advertiser of the  
latest time that orders can be  
cancelled (the "booking" deadline)  
and the latest time that advertising  
copy can be received by us ("the  
copy deadline"). An advertiser may  
cancel up until copy deadline and  
we will make reasonable efforts to  
re-sell the space, but the advertiser  
will be liable for the full price if the  
space is not sold and we will  
reclaim any unearned volume-based  
discount. Private advertisers booking  
by telephone or online may cancel  
in accordance with relevant law, but  
no refund shall be available after  
the copy deadline unless  
cancellation is due to our  
negligence. If the copy is not  
received by the copy deadline, we  
will not be liable if the advertisement  
does not appear, but the advertiser  
will remain liable to make full  
payment for the price of the  
advertisement.

9. We will try to satisfy an advertiser's  
request regarding the positioning of  
an advertisement, but no guarantee  
of position can be given unless  
agreed by us and paid for at the  
rate then current.

## Errors

10. We are not liable for any error,  
misprint or non-appearance of an  
advertisement unless caused by our  
negligence, in which case the  
advertiser will be entitled to a re-  
insertion or proportionate refund.  
The advertiser is solely responsible  
for checking the advertisement on  
each insertion and ordering  
correction where necessary. Except  
where we have been negligent, we  
shall not be liable for an error or  
misprint that, in our reasonable  
opinion, does not materially detract  
from the advertisement. We shall not  
be liable in any case for losses  
relating to any business or public  
fund-raising for the advertiser, such  
as lost customers, revenue or profit.

## Copyright

11. Advertisements are accepted on  
condition that we have the right to  
publish them online as well as in  
any booked titles. The copyright in  
work or material we contribute to or  
re-work for an advertisement  
belongs to us. We will dispose of  
advertiser's copy, artwork,  
photographs or other materials after  
six months unless collected.

## General

12. We shall not be liable if our  
publishing activities are restricted or  
prevented by any law, act or event  
beyond our reasonable control  
(including, for example, industrial  
dispute). In such case, the advertiser  
shall accept publication when  
available or otherwise may cancel  
the order by written notice and pay  
only for work done and materials  
used.

13. We will use the advertiser's details  
for internal administration. Unless  
the advertiser tells us not to in  
writing at any time, we may also  
share details with other Newsquest  
companies or with carefully selected  
third parties, who may send  
information about goods and  
services.

14. The advertiser will be liable to pay  
us for all costs, losses, expenses and  
damages of any kind suffered or  
incurred by us as a result of legal  
claims or actions, actual or  
threatened, arising from the  
advertiser's breach of these  
conditions or the publications of the  
advertisement, unless caused by our  
own negligent act or failure.

15. We may cancel the order at any  
time if the advertiser breaches these  
conditions and the breach is not  
capable of remedy or it continues  
for seven days after we have given  
written notice of it, or if we  
reasonably believe the advertiser is  
unable to pay debts or the advertiser  
goes or threatens to go out of  
business.

## Method of payment

We will be pleased to accept your payment by any of the following methods:

- **CHEQUE** - Made payable to NEWSQUEST (LONDON) LTD.
- **BACS** - Electronic Bank Transfer • **CASH** - Paid to one of our Branch Offices.
- **CREDIT/DEBIT CARD** - Please phone to pay by Visa/Mastercard/Switch/Delta

To advertise contact **020 8722 6400**

or email **privateads@london.newsquest.co.uk**

## Public Notices



## Elmbridge Borough Council

... bridging the communities ...

### Notice of Proposals Public Car Parks

Elmbridge Borough Council is publicising a proposal to make the Elmbridge Borough Council Off-Street Parking Places Order 2014.

The general nature and effect of the Order will be:

1. **Thamesmead Car Park, Walton on Thames**  
To help support local shops and businesses the Council proposes to implement car park management controls and charges in line with its other village car parks in the Borough. These would increase the availability of parking spaces and encourage a turnover of vehicles in the car park throughout the day. The car park will be restricted to use by passenger vehicles, goods vehicles and motorcycles. The charges are shown below:

Charges Apply: Monday to Saturday, 09.00 to 18.00hrs	
Period	From April 2014
30 minute	10p
1 hour	40p
2 hours	80p
3 hours	£1.10
4 hours	£1.40
All day	£2
Season Ticket	£244
Resident Permit	£122

2. **Cobham, Elm Grove, Long Ditton and West End Recreational Car Parks, Weybridge Cricket Green Car Park and Ditton Reach Boat Park**  
To make parking facilities accessible to the wider community the Council proposes to introduce a three-hour maximum stay and provisions for blue badge and permit parking in car parks serving the recreation facilities - 10.00hrs to 16.00hrs Monday to Saturday. This will encourage a turnover of vehicles in the car parks throughout the day. The car parks will be restricted to use by passenger vehicles, goods vehicles and motorcycles. In the Ditton Reach Boat Park vehicle parking will be restricted at all times to 20 minutes maximum stay, a three-hour maximum stay for vehicles with a boat trailer and no overnight parking. This will ensure that the boat park is used for its intended purpose and not as a parking place for residents or local workers. The car park will be restricted to use by boats and trailers, passenger vehicles, goods vehicles and motorcycles.

3. **All Public Pay and Display Car Parks**  
Management controls are already in place in town, village and commuter car parks, where use is restricted to passenger vehicles, goods vehicles and motorcycles. Charges from April 2014 are shown below:

Towns Charges Apply: Monday to Saturday, 09.00 to 18.00hrs	
Period	From April 2014
30 minute	35p
1 hour	70p
2 hours	£1.40
3 hours	£2.40
4 hours	£3.40
All day long stay	£6
All day short stay	£9
Season Ticket	£732
Resident Permit	£70
Villages Charges Apply: Monday to Saturday, 09.00 to 18.00hrs	
Period	From April 2014
30 minute	10p
1 hour	40p
2 hours	80p
3 hours	£1.10
4 hours	£1.40
All day	£2
Season Ticket	£244
Resident Permit	£122
Commuter Charges Apply: Monday to Saturday, 08.00 to 22.00hrs	
Period	From April 2014
All day	£6
After 4pm	£2.50
Saturday	£2.50
Season Ticket	£987
Walton Park - 2 hrs	80p
Walton Park - 3 hrs	£1.10

#### Other Proposals

**Cowey Sale Car Park, Walton on Thames**  
Elmbridge Borough Council owns the Cowey Sale Car Park and facilities, Walton on Thames. To help support the cost of maintaining these facilities, the Council proposes to introduce a 60p per hour charge, 10.00hrs to 16.00hrs Monday to Sunday.

#### Further Information, Objections and Representations

Documents giving more detailed particulars of the order and proposals are available for inspection at the Main Reception, Civic Centre, High Street, Esher, Surrey KT10 9SD. All objections and other representations relating to the order and proposals must be made before 1 February 2014, in writing and sent to Elmbridge Parking Services, Civic Centre, High Street, Esher, Surrey KT10 9SD. Objections must specify the grounds on which they are made.

### Goods Vehicle Operator's Licence

Braha Ltd of 55 Garden Avenue, Mitcham, Surrey CR4 2EE is applying for a licence to use TNT Express UK Ltd, 14 Vickers Drive South, Brooklands Industrial Estate, Weybridge, Surrey KT13 0YU as an operating centre for 5 goods vehicles and 0 trailers.

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds LS9 6NF stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A Guide to Making Representations is available from the Traffic Commissioner's Office. [www.businesslink.gov.uk/transport](http://www.businesslink.gov.uk/transport).

# JOBS & Careers

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### Training & Education

### Private Tuition

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Qualified Teachers  
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## Hats off to PAUL YOUNG

## Driving the news

CARS WITH VA VA VOOM!



PAUL Young is the 80s pop star most famous for his hit Wherever I Lay My Hat, which went to No1 for three weeks in 1983. The 57-year-old has released 36 singles and eight albums during a career which continues to this day with his band the Los Pacaminos. Paul can be found on Twitter at @paulyoungparlez and online at www.paul-young.com

### What was your first car?

It was a Vauxhall Viva called the 'box' type. As a family, we all had Vauxhalls – 'cos we all worked there! It would have seemed unpatriotic, I suppose. I bought it off my brother Mark, who was an enthusiastic owner. Me, not so much so. It was a way of getting from A to B and later a workhorse for travelling to gigs.

### How many times did it take to pass your test?

I passed first time in my car, proper



lessons and all, and second time on my bike. I decided to learn to ride a motorcycle when I found out that in Guernsey – where I was recording at my keyboard player's farmhouse – that once you passed 17 you could ride whatever size

## Me & My MOTOR

### POP STAR PAUL YOUNG

you wanted! I was 30 and I bought a 750cc Suzuki. I already knew it would be Harley-time when I passed, so it was a sit-up-and-beg style Intruder.

### Who would be your ideal fantasy passenger and where would you go?

I've done the Arizona desert in an RV, but I'd love to do it again in a muscle car or a Harley. I think there's still no helmet law there, which I know I shouldn't say, but it was a great thing for a while when I was in L.A. Well, you hardly pass anyone in the desert. Hmmm; with Sofia Vergara – feisty.

### What is your dream car and why?

My head is having a fight with itself. I still love mad cars, muscle cars, turn-your-head cars, but the

comfort thing is beginning to take over, finally, in my mid 50s. My wife hates my Mustang, too bumpy and no real creature comforts, and I have to say sometimes I steal the keys to her Lexus 4X4 for some R&R. Now I've had the Mustang a while, I fancy the Dodge Challenger. I still go for style above substance, see. Did the Porsche and Ferrari thing when I was young and restless. The best vehicle I had was a copper-colour flaked 1954 Ford F100 pick-up truck, all Mex'd up in honour of my band Los Pacaminos. It even had 'El Pacamino' on the driver door.

### How would you describe your driving style?

Easy going, but I like to know I've got something under the hood...

### What do you drive now?

Just told ya! Plus my recently rebuilt 1971 Electra Glide. Has a few teething problems, but what a beauty.

The new age of efficiency appears not to be dampening manufacturers' desire to build high-performance flagship cars, with 3,000bhp worth of shiny new models set to descend on Birmingham's NEC Performance Car Show in January.

Among the headliners are the Jaguar XKR-S GT, the Ferrari F12 Berlinetta, McLaren 12C Sprint and Aston Martin Vanquish. It's not all internal combustion, though, with the fully electric Tesla Model S

afforded a prime position within the illustrious line-up.

"For fans of road-going performance, we're delighted to provide an opportunity to see a fantastic range of spectacular cars up close," said Ian France, Performance Car Show director.

The show opens on January 9 and runs for four days, with adult tickets £31 each, children over five get in for £20, and under-fives go free. visit [www.performancecarshow.com](http://www.performancecarshow.com)



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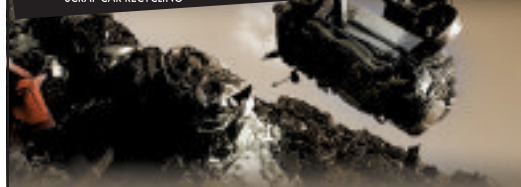
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Kingston YMCA Hawkers tennis players will be among the opposition when a host of tennis professionals past and present bid to raise money for charity.

Former British number

ones Tim Henman, right, and Jeremy Bates will partner Stuart Rhodes and Danny Sapsford as they play a 24 hour non-stop tennis marathon in aid of Bright Ideas for Tennis.

New Malden's Mel South is also taking part in the event at the National Tennis Centre, Roehampton, on February 2, where players from 11 Surrey clubs will be helping out.



More sport: [kingstonguardian.co.uk](http://kingstonguardian.co.uk)

## Combined services

A groundbreaking new initiative has seen four women's basketball teams merge to create a new Surrey super club for 2014, writes Lucy Lomax.

Four clubs Woking Blackhaws, Surrey Rams, Mole Valley Phoenix and Kingston Wildcats School of Basketball have pooled resources to arrest the decline in numbers of girls playing basketball in the county.

The net result is the creation of the Surrey Steelers, who now have two teams in the England Basketball National League at U16 and U18 level.

And the initiative's brainchild Andy Lambros, who brokered a sponsorship deal with Surrey Steelers for the scheme, hopes it sees Surrey basketball go from strength to strength.



**Action: Surrey Steelers (blue) in action against London Greenhouse Pioneers** Andy Lambros

"There was always talk about combining the clubs together to help encourage more girls to play basketball, but no one thought it would ever go ahead," he said.

"Then in September I approached the main clubs, organised a sponsor and we have all thrown our resources together to great effect."

England Basketball qualified coaches, at training bases in Leatherhead and Chessington, saw their hard work come to fruition with two league victories before Christmas.

The U18s beat Brixton Topcat's 50-40 at St Andrews in Leatherhead and the U16s won 40-13 at London Greenhouse Pioneers.

For information contact Andy Lambros on 07801 183841, email [surreysteelers@hotmail.co.uk](mailto:surreysteelers@hotmail.co.uk) or visit [surreysteelers.com](http://surreysteelers.com).

# Park king feeling pressures of family life

by LUCY LOMAX

[sports@london.newsquest.co.uk](mailto:sports@london.newsquest.co.uk)

Phil Bearman may be the king of Bushy Park in his family for now, but son Phillip is not far behind.

Bearman topped the male points table at the Bushy Park parkrun for 2013 and finished 18th in Saturday's race in a time of 19 minutes 55 seconds.

The 49-year-old, who currently tops the 2014 male points table, started competing at the iconic event in 2007 and has since clocked up 242 appearances over the 5km course as the 250-run milestone looms large.

Bearman junior bettered his father's personal best two years ago and has racked up 163 parkruns in his own right – finishing 10th in his last outing on December 21.

The pair fought tooth and nail to top the points table in 2013, with the 17-year-old ending the year just behind his dad.

But even if the two trade places in 2014, the Kingston

AC & Polytechnic Harrier Bearman senior is only too happy to keep plodding on.

"He has beaten my personal best time of 17 minutes 30 seconds by about 50 seconds," admitted the senior partner.

"The best thing about the run is that it accepts all ages and it is especially crucial for youngsters to encourage them to take up running and join running clubs.

"I believe in the future, some of our Olympic athletes will be parkrunners."

Bearman will collect a commemorative T-shirt when he passes the 250 mark, but even then he will need some help from his son to mark the occasion.

"I'm not sure what celebrations will be when I reach 250," he added.

"There will probably be some sort of cake at the



**Park king: Kingston AC & Polytechnic's Phil Bearman, right, with his 2013 parkrun trophy, alongside son Phillip, centre back, and Olympic middle distance athlete Andy Baddeley, second from the left** SP79813

finish line.

"Or my son will make me wear something silly to run in."

Meanwhile, European junior 1,500m champion Jake

Wightman was first home in 16:11 at the weekend on his Bushy Park parkrun debut.

For more information on the Bushy Park parkrun visit [parkrun.org.uk](http://parkrun.org.uk).

## Surbiton's swift indoor return is on

Guest star Rufus McNaught-Barrington scored a whopping 15 goals to help put Surbiton's men on course for an immediate return to the indoor national elite league, writes Sean Cotter.

Captain Jonny Gall's men claimed four wins from four in the Maxinutrition Hockey 5s Division One in Bristol at the weekend thanks to the Belgium-based Wales international's heroics.

American player-coach Rob Schilling and Olympian James Tindall both scored hat-tricks as Surbiton thrashed Southgate 8-5 on Saturday, with McNaught-Barrington and fellow guest player Lewis Prosser netting the other goals.

Hours later Hampstead & Westminster were dismissed 9-6, with McNaught-Barrington's scoring three times to go with further strikes from Tindall (two), Schilling, Prosser, James Ashcroft and Scott Evans.

But it was on Sunday that



**Dream team: Surbiton's indoor squad at Bristol, (back row) James Lloyd (manager), Scott Evans, Lewis Prosser, David Kettle, James Tindall, Rufus McNaught-Barrington, Natalie Turner (physio); (front row) James Ashcroft, Rob Schilling, James Gall, Jonny Gall (captain)** Picture: Sean Cotter

McNaught-Barrington really got going as his five goals – added to strikes from Schilling and Prosser – helped dispose of then fellow hundred percenters Team Bath Buccaneers 7-4.

Finally he added six more to

make his total 15, with Tindall and Jonny Gall also scoring, to cement Surbiton's lead at the competition's half-way point with a 9-2 crushing of Bournville.

This weekend at the same venue Surbiton play Old

Loughtonians – currently fourth in the table – and Brooklands Manchester University on Saturday before facing Cannock and Havant on Sunday.

Only a place in the division's top two brings promotion.



**Stress: Alan Dowson**

## Ks will show some heart

Kingstonian boss Alan Dowson will have extra medical back-up next time the opposition score a heart-stopping last minute equaliser.

Ks have become the beneficiaries of a partnership between the British Heart Foundation and the Football Association, which sees the club equipped with a lifesaving new defibrillator – one of 900 made available to clubs at step one to six of the national league system.

The wet weather has seen encounters with Wingate & Finchley and East Thurrock United postponed in the last week, meaning Dowson has had to wait until Sunday's visit of Dulwich Hamlet to right the wrongs of a 2-2 draw with Harrow Borough on December 28.

## SPORTSbrief

**ATHLETICS:** Kingston AC & Polytechnic 16-year-old Phoebe Law clocked 22 minutes 48 seconds to win the U17 Surrey Cross Country Championships title in Dorking on Saturday. Club-mate Joshua Hall claimed silver in the U15 boys event in 15:32, while Darcy Bourne finished fourth in the U13 girls race. Kingston AC & Polytechnic's Molly Renfer (33:18) was fourth in the senior women's race, while James Robertson (48:18) was the club's leading man as he finished 49th in the men's event. Stragglers' Matthew Kossatz clocked 10:56 to win the U13 boys race.

**RUGBY UNION:** KCS Old Boys restart their quest for London Division Three South West promotion when they visit Old Cranleighs tomorrow. Surrey Division One bottom-club Kingston host Old Whitgiftians.

**FOOTBALL:** Corinthian Casuals will hope to close the gap to Ryman Division One South safety when Burgess Hill Town visit on Saturday.

Got a sport story? Email [sports@london.newsquest.co.uk](mailto:sports@london.newsquest.co.uk)



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## class timetable



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:15	Spin	Total Body Blast	Spin	Fit4 Insane	Zero Tolerance	09:00 Zumba
09:00		Pilates		Yoga		09:00 Pool, Spa, Steam Room & Sauna
10:00	Group Induction	Pilates	Aqua Fit			10:00 Zumba
10:00			Taekwondo Stretch E	Yoga	Aqua Fit	10:00 Kids Open Pool E
11:00					Aqua Rhumba	11:00 Ballet Tone
11:15		Taekwondo Stretch				11:00
12:15					Military Fitness	13:00
12:45	Cardio Combat	Spin	Military Fitness	Spin		15:00 Group Induction
13:15					Pilates	16:00 Kids Taekwondo E
15:30			Kids Open Pool E			
16:00		Super Sharks Swimming E	Kids Taekwondo E	Super Sharks Swimming E		
16:15	Kids Taekwondo E					
17:00					Legs, Bums & Tums	
17:30	Legs, Bums & Tums		Ab Attack	Zumba		
17:45		Boxercise			Boxercise	
18:00	Aqua Fit		Circuits			
18:15	Circuits		Spin	Aerobics		
18:30	Spin	Circuits		Spin	Fit4 Insane	
18:30		Spin				
18:45	Zumba					
19:00		Pump & Shape	Spin	Pump & Shape	Pump & Shape	
19:00	Aqua Fit		Zumba	Group Induction		
19:15				Spin		
19:30	Pilates	Group Induction				
19:45			Zumba			
20:00		Yoga				
20:15	Pilates			Zumba		
20:30			Kids Taekwondo E			



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Classes marked as "studio rental" are charged at additional costs which are paid direct to the instructor.

### Group Inductions

If you are a new member and would like to attend a free group induction please consult the timetable below, arrive at Fitness4Less club reception 5 minutes before the start time and let the reception staff know that you are waiting for the induction.

### Things to remember

- You can book classes online 24 hours a day up to 7 days in advance.
- As a courtesy to other members, if you are unable to make the booking, please cancel your attendance at least 4 hours prior to the class. Repeated non-attendance may result in your booking privileges being suspended.
- Please arrive 5 minutes prior to when the class begins, you must complete all stages of the class, a warm up is essential and therefore late comers will not be admitted.
- "Studio rental" classes do not require booking, please turn up for these classes 5 minutes in advance and pay the teacher on arrival.
- Your feedback on classes and teachers is welcomed at all times, please let us know what you think!

## Personal training for Fitness4Less members

Personal Trainers help you focus on results and prevent you from wasting any time doing inefficient workouts. A personal trainer has a plan and will help you get maximum results in minimum time.

Available 7 days a week, all our trainers are keen to have an open discussion about specific goals and wishes and then design a tailored programme for you to follow.

Personal trainers conduct our free gym induction sessions. This provides an opportunity to meet and book your free personal session. Alternatively, please visit the 'Personal Training' tab on the website for more information and contact details. You can email or call your chosen Personal Trainer to arrange a trial session with them direct.

\*Free sessions, inductions and personal trainers are for gym members only.

23 Blagdon Rd New Malden Surrey KT3 4AH

www.fitness4less.co.uk

newmalden@fitness4less.co.uk



# Free parking available in the locality

## How to find us!

The club is conveniently located at 23 Blagdon Rd, New Malden. Stylish changing rooms, a free weights area, a ladies-only gym, and an extensive selection of treadmills, cross trainers and resistance equipment, are just some of the facilities on offer.

We also offer a comprehensive range of up to 35+ FREE classes a week, from spin to pump, and aerobics to boot camp, are included in the low monthly fee.

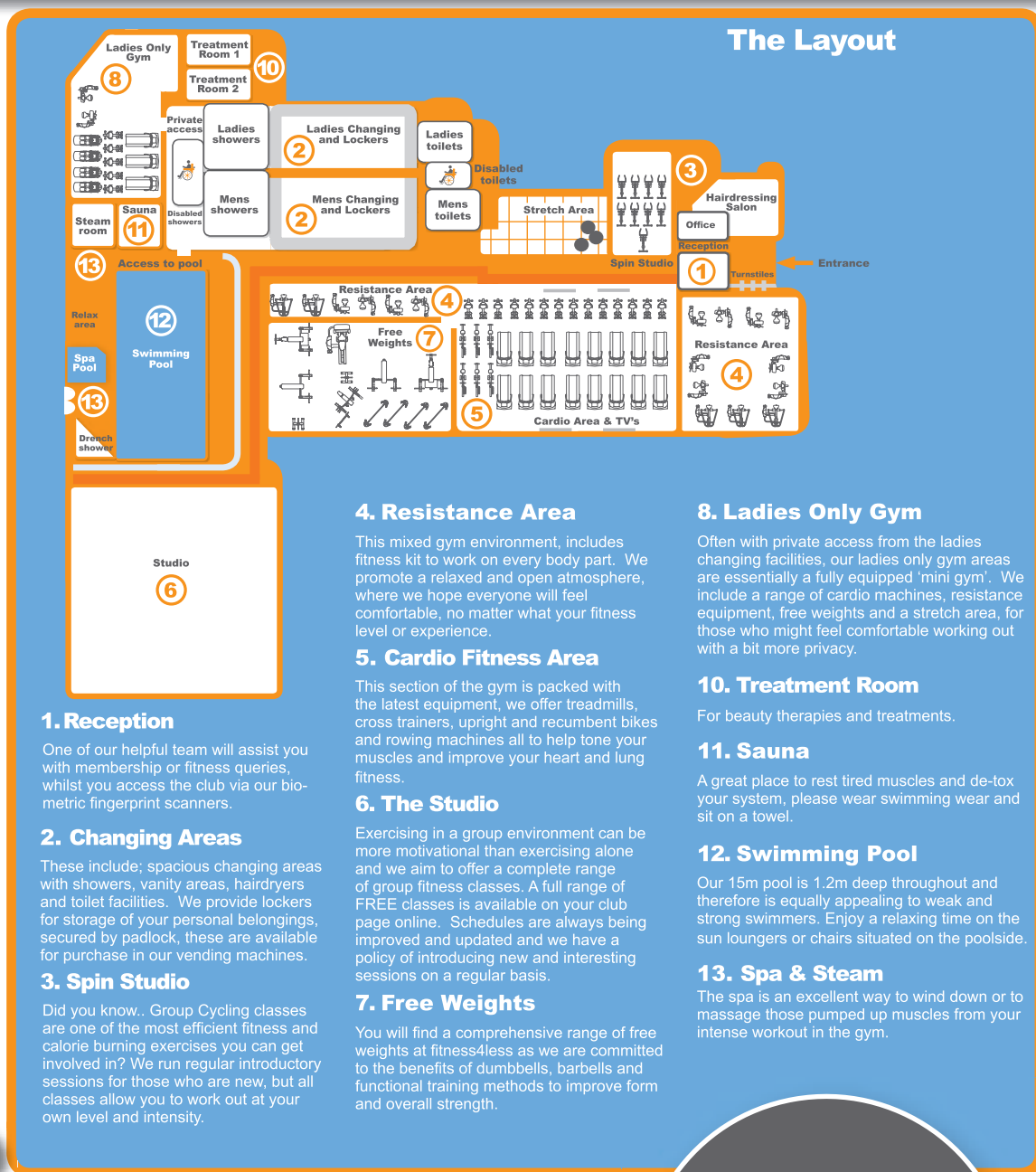
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